

Powder	Active Constituent	Actions & Uses
Leaves		
1-Guava <i>(Psidium gualava)</i> F.Myrtaceae	tannins, β -sitosterol, maslinic acid, essential oils, triterpenoids and flavonoids.	Ttt. Of GI disorders Diabetes anti cough & Anti microbial effect
2-Rosemary <i>(Rosemarinus Officinalis)</i> F.Labiatae	bitter principle , resin , tannic acid & V.O (Borneol , Bornyl Acetate & esters)	Improves the memory ttt of insomnia , mental fatigue & Anti microbial

<p>3-Senna (<i>Cassia acutifolia</i> , <i>Cassia angustifolia</i>) F.Fabaceae</p>	<p>Anthraquinones including dianthrone glycosides , sennosides A and B (rhein dianthrone), sennosides C and D (rhein aloë-emodin heterodianthrone)</p>	<p>Laxative & Purgative</p>
<p>Barks</p>		
<p>4-Cinnamon Bark (<i>Cinnamomum zeylanicum</i>) F. Lauraceae</p>	<p>volatile oil, tannin, mucilage and sugar</p>	<p>Carminative, astringent, stimulant, antiseptic; more powerful as a local than as a general stimulant</p>

Herbs		
<p>5- Cymbopogon herb</p> <p>(Cymbopogon citrates)</p> <p>F. poaceae</p>	<p>grass oil which consists mainly of citral , Further terpenoids in lemon grass oil are nerol, limonene, linalool and β-caryo- phyllene.</p>	<p>can boost circulation and speed healing. It is used to treat digestion, cramping, colic, flatulence, arthritis pain and reduce fevers. It is also used as a muscle relaxant for stomach and intestines.</p>
<p>6-Thyme herb</p> <p>(Thymus vulgaris)</p> <p>F. Lamiaceae</p>	<p>-phenols:</p> <ul style="list-style-type: none"> * Thymol * Carvacrol * Cymene * Pinene * Methone <p>Bitters , flavonoids saponins & tannins</p>	<p>antiseptic properties (Mouth Washes) anti-fungal agent skin inflammations and sores For bronchitis and gastric problems</p>

Roots & Rhizomes		
<p>7-Liquorice Root</p> <p>(Glycyrrhiza glabra)</p> <p>F. Papilionaceae</p>	<p>Glycyrrhizin, glycyrrhizic acid, resin & Sugar</p>	<p>demulcent, for coughs & AntiOxidant</p>
<p>8-Ginger Rhizomes</p> <p>(Zingiber officinale)</p> <p>F. Zingiberaceae</p>	<p>volatile oils (zingerone, shogaols and gingerols)</p>	<p>anti-nausea, anti- vomiting relieve indigestion, gas pains, diarrhea and stomach cramping & For rheumatoid arthritis</p>

Fruits		
9-Anise (Pimpinella anisum) F. Apiaceae	volatile oil (Anethol)	Carminative , for dry coughs , bronchitis & Antiseptic
10-Fennel (Foeniculum vulgare) F. Apiaceae	Anethol anistic acid anistic aldehyde d-pinene	antispasmodic, diuretic, pain-and fever-reducer externally as mouthwash
11-Coriander (Coriandrum sativum) F. Umbelliferae	terpenes linalool and pinene.	Stimulant, aromatic , carminative & flavouring agent

Flowers		
<p>12-Tilia</p> <p>(T. Americana , T.Cordata , T. europaea , T.heterophylla) F. Tiliaceae</p>	<p>Volatile oil containing farnesol; flavonoids, including hesperidin, quercetin, and astralagin; mucilage; tannins.alcohol linalol</p>	<p>Diaphoretic , Diuretic , Sedative , Demulcent & Antidepressant</p>

<p>13-German Chamomile</p> <p>(<i>Matricaria recutita</i>) Or (<i>Chamomilla recutita</i>)</p> <p>F. Asteraceae</p>	<p>volatile oil (bisabolol, bisabolol oxides A and B, chamazulene or azulenesse), quiterpene lactones, glycosides, hydroxycoumarins, flavonoids (apigenin, luteolin, patuletin, and quercetin), coumarins (herniarin and umbelliferone), terpenoids, and mucilages.</p>	<p>Antimicrobial and anti-inflammatory(Topically)</p> <p>Ttt. Of Anxiety analgesic, anti-inflammatory, anti spasmodic & carminative</p>
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ملحوظة صغنة :

المعلومات دي جمعتها من المواقع المذكورة ... لأنني مش عندي ورق السنين اللي فاتت ..
فياريت اللي عنده الورق يضيف لنا الحاجات الجديدة ...

”هذا وما كان من توفيق فمن الله وحده، وما كان من خطأ أو سهو أو زلل أو نسيان فمني ومن
الشيطان والله ورسوله منه براء“

Sources :

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- Z- [Wikipedia](#)
- ›- [Botanical.com](#)

By

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